of the receiving recesses and has a first face formed with a toothed portion engaged with the toothed portion of the ratchet wheel, each of the pawl members has an end formed with a driven block;

each of the elastic members is urged between a side face of a respective one of the receiving recesses of the body and a respective one of the pawl members;

the cover is rotatably mounted on the body and has a closed end formed with a depression formed with a protruding urging block having two urging sides each of which is movable with the cover to press the driven block of a respective one of the pawl members; and

the catch plate [is mounted] comprising a portion fit in the positioning slit of the body, another portion located in the receiving hole and two other portions located in the receiving recesses to [catch the ratchet wheel and the pawl members, thereby preventing] retain the toothed portion of the ratchet wheel, the pawl members and the elastic members [from detaching from] in the body.